

Wantage White Horses Swimming Club

Newsletter: Christmas 2008



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Web site update

The web site refresh is progressing well. You will now see a new holding page on the clubs home page and we hope to be able to begin testing the new site early in January.

Photo policy

We have recently formalised the club's photograph policy.

In order to minimise risk to children, we have decided to apply a full ban on taking pictures of our swimmers during our swim sessions and galas.

However, we recognise that parents like to have photos of the children competing in galas and we will therefore be arranging for a CRB checked club official to take photos at home galas and then to make them available to parents.

We will continue to occasionally use poolside and in-water video analysis for coaching purposes. The video will be operated by one of our coaches or other CRB checked club official. Parents are asked to inform the club's welfare officer (Maria Tomsett) if they would prefer their children were not included in any video analysis.

Introduction

There is a lot going on at the club at present and so ahead of the Christmas period we thought we would circulate a quick newsletter.

We will follow this up at end of January with a pre-Counties newsletter. If anyone would like anything covered or would like to write an article for this then please contact Nigel Bedford on newsletter@thebedfords.eu.

Until then we would like to wish all swimmers and their families a very Happy Christmas and some fantastic swimming in the New Year !!

News

Funds from Waitrose Community Matters scheme

The club was recently nominated to take part in the Waitrose Community Matters scheme. Although overshadowed by Fitzwarren School, which raised the most so far in the scheme, we managed to raise £210 and this will be put towards the costs of the Club Day on 1 February 2009.

Hoodies are here .. !!

The new club hoodies have arrived in time for Christmas (pew!) and are available from Andrew Gardiner.

25m championships

Unfortunately, we were unable to run the 25m championships in the last couple of months. These shorter races give younger swimmers a great introduction to competitive swimming skills and we will therefore be hoping to hold these during February/March 2009.

Courses

Well done to all the timekeepers who completed and passed their timekeepers course. We are trying to arrange a second course for the New Year.

We also held a Protecting and Safeguarding Children course one Friday evening for a number of club officials and they should now have received their certificates.

COMPETITION..... WIN A NEW PAIR OF GOGGLES WORTH £20

We are running a competition to find a name for the Newsletter.

A new pair of goggles to the provider of the winning name. Please email your suggestions to newsletter@thebedfords.eu before 10 January 2009. The winner will be announced shortly after that.

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Who's who ?

A new committee and other roles were appointed at the AGM in November. A full list of who does what (non-poolside) is set out below:

Chair	Sharon Bedford
Vice-chair	Andrew Gardiner
Secretary (shared)	Gill Birch Sue Marlow
Treasurer	Rolf Soderstrom
Welfare officer	Maria Tomsett
Membership secretary	Angela Pettifer
Social secretary	Lisa Harvey
Committee member	Sharon Jenkins

Workforce coordinator	Christine Rennie
Event organiser	Marion Betts
Website co-ordinator	Julie Kirk
Database manager	Stuart Pettifer
Billing secretary	Susan Rippington
PR and newsletter	Nigel Bedford
Gala IT co-ordinator	Steven Thorne
Trophies coordinator	Lindsay Kelly-Onay
Swim shop manager	Jack Brown

Club records

The club record book make interesting reading. These will soon be available to read on the web site but if you want to set your own targets over Christmas then please ask Stuart Pettifer who can email them to you.

Did you know that:

- The longest standing club record for the girls is held by Jean Cattanagh in the 200m breast-stroke. She set the time of 2.59.10 in 1983 when she was 15. The longest standing record for the boys was also for 200m, again set by a 15 year old and again in 1983. It was set by Andy Jones with a time of 2.45.31.
- Of our current swimmers, Murran Harvey currently holds the most club records with 11.

Many congratulations to the following who have all broken records in 2008. Let's see if we can break some of those long standing older records in 2009.

Boys	Girls
<p>Matthew Senior – 11 years</p> <p>1500m free – 23.02.00</p>	<p>Jasmine Rennie - 8 years</p> <p>100m free - 1.53.16</p> <p>100m back - 2.05.87</p> <p>100m breast - 2.07.44</p>
<p>Peter Birch – 12 years</p> <p>25m free - 0.10.99</p> <p>25m back - 0.20.40</p> <p>25m fly - 0.19.37</p> <p>25m breast- 0.22.41</p>	<p>Murran Harvey – 11 years</p> <p>1500m free – 23.31.00</p> <p>Alice Fletcher-Etherington – 12 years</p> <p>200 free - 02.33.90</p> <p>50m back - 0.35.34</p> <p>100m back - 1.19.23</p> <p>200 back - 2.51.90</p>
<p>Guy Giles - 14 years</p> <p>200m free - 2.07.87</p> <p>400m free - 4.34.88</p> <p>150m free - 18.12.97</p> <p>50m back - 0.32.18</p> <p>100m back - 1.08.46</p> <p>200m back - 2.29.15</p>	<p>Ellie Senior – 13 years</p> <p>200m free - 02.33.47</p> <p>Rachael Bedford – 15 years</p> <p>1500m free – 20.51.46</p> <p>Jessica Murray – 16 years</p> <p>800m free - 11.15.10</p>
<p>Robert Bowles - Senior age group</p> <p>400m free - 04.19.34</p>	<p>Sarah Milson – Senior age-group</p> <p>100m free - 1.12.25m</p> <p>100m fly - 1.22.53</p> <p>Jo Benn - Senior age-group</p> <p>100m breast - 1.29.74</p> <p>200m breast - 03.13.93</p>

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Club day – 1 February 2009

A club day has been organised for Sunday 1 February 2009.

Swim skills clinic

The main part of the day will be a skills clinic which is being run for us by Bill Furniss, a GB National coach and coach to Rebecca Adlington. We are currently finalising the program for this day, which runs from 10:45 am to about 6:00 pm, but it will include 2 full sessions in the pool, land training and technical talks.

The aim of the day is to provide the 60+ swimmers attending with some key skills for technical improvement and motivation to improve. We are also keen for coaches and lane helpers to learn as much from the day as possible so that the lessons can be applied which will benefit the club into the future.

Family fun gala

We will follow the clinic with a fun gala for all club swimmers (and parents !?!)

Club supper

We then finish the day in the bar with a club supper with all members invited.

More information on this will be provided early in January.

Coach's corner

Matt gives a hand

Matt Sanderson returned from Uni for Christmas and has been helping with a technical clinic this week at early morning training. For those of you that don't know Matt, he has swum at Wantage and Oxford for a number of years and has competed at regional and national levels.

Lane spearheading

You will have noticed a change in how swim lanes are structured during training. Simon has moved to a "spear head" formation, with the faster lanes in the middle of the pool rather than to the side as we have done in the past.

Swimmers are allocated into lanes based on a 20 minute distance test with the aim of matching swimmers of similar abilities.

13 week program for counties

Simon has begun a 13 week coaching program for squad swimmers specifically designed around the build up for the 2009 County Championships.



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Dates for your calendar

General

Please note the following dates:

- Monday 22nd Dec – Fun swim with Abingdon Vale SC and Didcot which starts at 6.15 pm at Abingdon School pool. This is open to all second session swimmers – please sign up on the notice board if you want to go.
- Please note that normal training routines stop over Christmas with the last training session being Tuesday 23rd December 2008. Normal training resumes on Friday 2nd January 2009.
- Sunday 1 February 2009 – Club day

Open meets and competitions

Sharon Jenkins has recently taken over the club's applications for open meet attendance. She will be working with Simon and the team manager to identify a range of recommended meets to attend.

We have a massive number of swimmers entered into the first few meets in January with 60+ swims booked for Abingdon and 70+ for Coventry.

Upcoming open meets are scheduled below (for an extended listing see the club notice board).

Event	Event date	Closing date for entries
Abingdon Vale Winter Open Meet	Sun 4 Jan	Closed
Tigersharks Winter Level 2 Open Meet	17 & 18 Jan	20 Dec
Coventry Level 3 Open Meet (50m pool)	18 Jan	Closed
Maxwell 25 th Open Level 2	24 and 25 Jan	Closed
Oxon and N Bucks County Championships	Sun 15 Feb Sun 22 Feb 7 and 8 Mar 14 and 15 Mar	26 Jan